

# LYNN COUNCIL ON AGING SENIOR CENTER



## December 2018

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

### From the Director's Desk

It's that time of year again! Lights and ornaments, oh boy! We have had many conversations about, "It's never like it used to be...". We want you to share your traditions with us. Send us your funniest Christmas stories. What was most memorable for you? My favorite was the super happy dramatic happy dance waking up my parents because Santa came! Finish this sentence: "You know what drives me crazy around the holidays...?" Did any of you really love those aluminum trees? Let us know how you're doing. We also realize that all the holiday music, dancing, and cocoa cheer affects people differently. We will have the center decorated by the first week in December. I know it's very daring for us to put this in print; but it'll give you something to watch while we're racing around. Consider making a memorial donation to the FRIENDS in loving memory of your loved one. Join us for the Friends of the Lynn Council on Aging Annual Holiday Party on Dec 11<sup>th</sup>, tickets on sale now for \$5. Ride with us for the "Crazy Christmas Light Tour" on Dec 18<sup>th</sup>. How about some cocoa and cookies while you create homemade holiday cards with Christie? She'll be here Dec 18 at 9:30. Ring in the New Year on the 31<sup>st</sup> as we countdown to 12 noon with music, appetizers, and sparkling cider! We can't wait to see you. Come put the jolly in the jolly jingle! Let's make it as festive as possible!

~Stacey Minchello

### From Your Mayor

The holidays are quickly approaching. I hope you take the time to participate in all the upcoming festivities and take the opportunity to enjoy quality time with family and friends.

We will kick off the start of the holidays with our annual tree lighting ceremony on December 4<sup>th</sup> starting at 4:00 pm in the small commons. The Lynn Public School Chorus will be leading the crowd in song during the lighting followed by a performance by Lynn Public Schools Band on City Hall steps. There will be a number of holiday activities for the children in the City Hall lobby at 5:00 pm which will be followed by the screening of the *Incredibles 2* in the Lynn Auditorium. These events are free and I hope to see you all there!

There are a quite a number of shows taking place at the City Hall Auditorium. I invite you to attend the upcoming events including: GSBC presents the Nutcracker on December 1<sup>st</sup>, The Mavericks on December 2<sup>nd</sup>, The Irish Tenors on December 9<sup>th</sup> and a Magical Cirque Christmas on December 16<sup>th</sup>. For more information and tickets call 781-599-SHOW or visit <http://www.lynnauditorium.com>.

We are in the middle of snow season and continue to encourage residents to sign up to our public notification platform at <https://www.smart911.com>. You can select the type of notifications you would like to receive (school closings, parking bans, weather alerts, missing persons, traffic information etc.). These alerts are specific to the City of Lynn and are meant to keep you informed. All information provided is scrupulously protected by Rave Mobile Safety and is not shared with any other agencies. The service is free.

Wishing you the best during this holiday season!

Mayor Thomas M. McGee

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## Lynn Council on Aging Senior Center

Publication  
funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

Meet the Staff:

**Stacey Minchello**

Director 781-599-0110 ext. 503

sminchello@glss.net

**Erica Brown**

Program Coordinator

ext. 618

ebrown@glss.net

**Rosa Paulino-Diaz**

Activities Assistant

ext. 625

rpaulinodiaz@glss.net

Hours of  
Operation:

Monday thru Friday

8 a.m. to 4 p.m.

## LCOA Board of Directors

**Arthur Akers**

President

**Minette Lall**

Vice President

**Lester McClain**

Clerk

**Pam Edwards**

**Charles Mitchell**

**Marlene Vasi Eddy**

Meets 4th  
Wednesday  
monthly at  
11:30 a.m.

## FRIENDS of LCOA Executive Board

**Joan B. Noble**

President

**Ann Breen**

Vice President

**Katherine Brown**

Treasurer

**Ellen Cash**

Recording Secretary

**George Harvey**

Membership Secretary

Meets last  
Thursday of the  
month @ 9:45

**Meeting Dates:** Dec 27 Jan 31 Feb 21 Mar 27

**Considering joining the FRIENDS?** Come visit us and see what we're all about

Friendship first, friendly smiles making and raising funds for our senior center.

## Tired of waiting for the mail?

Monthly newsletters are posted online:

[www.ci.lynn.ma.us](http://www.ci.lynn.ma.us)

Click City Hall

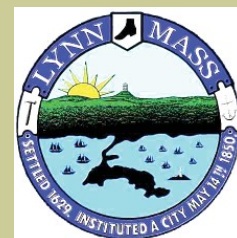
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

## Like us on Facebook!



[WWW.FACEBOOK.Com/LYNNSENIORCENTER](http://WWW.FACEBOOK.Com/LYNNSENIORCENTER)

## IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger  
~Dr. Harvey Berger

Thank you for your donation  
~ Sophie Karoumpalis

In loving memory of Dot James, our beloved painting  
instructor.

~Stacey Minchello, Erica Brown, and  
Rosa Paulino Diaz



## DEDUCTIBLE DONATION

GE matches all donations made  
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

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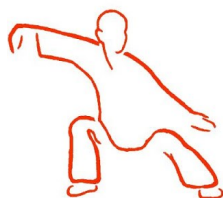
**HARBOR 90FT**  
APARTMENTS

## CASINO TRIPS

Casino trips will take a brief break for the winter due to travel concerns. They will resume in April!



## MUSICAL AND JOY BASED TAI CHI



Every second and fourth Monday

10:00am-11:00am

Instructor: Mike Elliot

No reservation needed

\$5 per session

Improves balance, energy, and mobility

Elevates heart rate, improves posture, and builds muscle tone

Decreases stress and pain

## UKULELE CLUB



Every Tuesday 9:00am—10:00am

Activities room

**FREE!**

Beginners and experienced player welcome

Instruments included at Senior Center

Instructor Matthew McConeghy

Questions call Erica 781-586-8618

## MEDICARE OPEN ENROLLMENT

Do not ignore your Medicare mail!

If you have a **Medicare Prescription Drug Plan** or a **Medicare Advantage Plan** (HMO, PPO), you will receive information from your plan by the end of September. Please understand and save this information regarding changes in your plan for 2018.

During Medicare Open Enrollment (**October 15—December 7**), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. You may schedule a phone or in-person appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. *To schedule an appointment, call the senior center at 781-586-8618 or 1-800-AGE-INFO (1-800 243-4636)... then press or say 3.* If you get the SHINE answering machine, leave your name and number. A counselor will call you back, as soon as possible.

**Call early** to receive a pre-enrollment form and  
**make that appointment...**

Bring your Medicare and insurance cards and a complete list of medications.

**DO NOT WAIT UNTIL IT IS TOO LATE!**



## DANCE WITH JOY

A playful dance and yoga experience

Starting Thursday November 1st

9:00am—9:40am

Weekly event every Thursday

**FREE!**

Join Nancy Deluth for Dance with Joy!

Explore, express, and expand as you dance to world music in this creative movement experience.

Create some joy with us!

## PULL-A-POP THANK YOU!

Thank you, thank you, and thank you again to all of our wonderful sponsors for our successful Pull-A-Pop event. Your support is crucial to making fundraisers like this possible!

Thank you to Raffaele Construction, Safeway Overhead Crane Services, Dandreo Brothers General Contractors, Frazier Construction Company, Solimine Funeral Services, Lancelot Janitorial & Paper Products, Kings Lynne

Resident Council, Gallo Law Office, Blaire House Clearing LLC, Edible Arrangements, Lynn Museum, Kowloon Restaurant, The Tides, Land of a Thousand Hills Coffee Shop, The Hawthorne Hotel,

Columbia Insurance, The Committee to Elect Thomas M. McGee, Dr. Edward P. Dancewicz, The Oceanview of Nahant, The Food Project, and Marcia Manz.

## MOVIES...every Wednesday @ 1:00 p.m.

### Free Popcorn & Soda

### Wide Screen Plasma Home Theatre System

|               |                                |      |    |        |
|---------------|--------------------------------|------|----|--------|
| <b>Dec 5</b>  | It Happened on 5th Avenue      | 1947 | NR | 1h 56m |
| <b>Dec 12</b> | How the Grinch Stole Christmas | 2000 | PG | 1h 50m |
| <b>Dec 19</b> | Miracle on 34th Street         | 1947 | NR | 1h 41m |
| <b>Nov 26</b> | Fred Claus                     | 2007 | PG | 1h 56m |



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.



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**DECEMBER HAPPENINGS**

- Mon Dec 3** Bingo Bonanza! \$11 games 1:00pm  
9 cards-paper sheets only  
Card sales begin at 11:30am and close promptly at 1:15pm
- Tue Dec 4** Birthday Karaoke 11:30am—1:00pm
- Thu Dec 6** Holiday Shopping Trip: \$2 10:30am—2:00pm  
Christmas Tree Shoppe, Saugus  
Lunch on own at Fuddrucker's
- Tue Dec 11** **FRIENDS of the LCOA Annual Holiday Party**  
11:00am—2:00pm  
\$5 ticket bought in advance (see page 7 for more info)
- Wed Dec 12** Tap Dance Group Performance FREE 9:30am—9:45am  
**Wed Dec 12** Supper Club \$2 4:00pm—5:00pm
- Thu Dec 13** Ice Cream Social \$0.50 1:00pm  
Sponsored by: FRIENDS of the LCOA
- Mon Dec 17** Bingo Bonanza! \$11 games 1:00pm  
9 cards-paper sheets only  
Card sales begin at 11:30am and close promptly at 1:15pm
- Tue Dec 18** Cards with Christie! FREE 9:30am—11:00am  
Make your own holiday cards with friends!
- Tue Dec 18** **Crazy Christmas Light Mystery Tour** 4:00pm—8:00pm  
Stonezoo lights \$11  
Dress warm—walking involved—dinner at Kelly's on own
- Thu Dec 20** Holiday Shopping Trip: \$2 10:30am—2:00pm  
Liberty Tree Mall  
Lunch on own at food court
- Fri Dec 21** **Brown Bag** 9:00am—12:00pm  
Sponsored by Greater Boston Food Bank
- Fri Dec 21** Flu Clinic  
Sponsored by: Walgreens Pharmacy—bring insurance card
- Tue Dec 25** **SENIOR CENTER CLOSED—MERRY CHRISTMAS!**
- Thu Dec 27** Kid's Days! Bring your grandchildren to join us as we play games  
**Thu Dec 28** dance and sing. 11:00am—3:00pm  
More info to follow at the Senior Center.
- Mon Dec 31** **FRIENDS of the LCOA New Year's Eve Party!**  
FREE 11:00am—12:00pm  
(see page 7 for more info)

**Hatch Hearing Aid Center**  
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**90FT**  
ADAPTIVE

## UPCOMING FRIENDS SPONSORED EVENTS!

### ANNUAL HOLIDAY PARTY



Tuesday, December 11th

11:00am—2:00pm

\$5 Tickets purchased in advance

starting Tuesday November 13th!

Ticket price includes a full meal, entertainment, and the

chance to meet Santa!

Entertainer:

Stephen Savio

Making his Lynn Senior Center debut!

**Senior Center will close at 2:00**

Please schedule rides accordingly



### NEW YEAR'S EVE PARTY

Countdown to 12:00 noon with us at the Lynn Council on Aging!

11:00am—12:00pm

**FREE!**

Light refreshments provided by:

Jesmond Nursing and Rehabilitation Center in Nahant

Dance and sing your way into 2019!



### TAX APPOINTMENTS

We will again be making appointments to get taxes filed this year. AARP volunteers will be in the Senior Center once weekly. You may call to make an appointment **beginning Monday, January 14th.**

Appointments will not begin until February.

You may call Rosa Paulino Diaz at 781-586-8625 or Erica Brown at

781-586-8618

### SUPPER CLUB

Every second Wednesday—4:00pm-5:00pm

Looking for attendees interested in socializing with friends. Supper served for \$2 and is sponsored by My Brother's Table. Must reserve seat—first come first serve. Call Rosa Paulino Diaz at 781-586-8625 or Erica Brown at 781-586-8618.

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AD  
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## Wellness Watch December 2018

With holiday season in full swing it is a very exciting time for many people. On the other hand, there are people who dread the holiday season for all of the stress, anxiety and difficult emotions it brings. These emotions are brought on by the contrast of everyone else's happiness in combination with reminders of loss, loneliness and mental health issues. Negative feelings can lead to further isolation and make depression symptoms worse. On top of everything, the lack of sunshine and seasonal depression can also add to negative feelings. Mental wellness is very important to one's quality of life. Here are a few ways to manage grief and negative emotions during the holidays.

### Avoid unrealistic expectations

By comparing yourself to everyone else or trying to create a perfect holiday season, you may be putting yourself at risk for bigger disappointment. Families can cause a lot of stress, or loss of a family member can make someone want everything else to work out. When things don't go as planned, negative emotions arise. One way to combat this is to remember what you do have and what you are thankful for. Looking to the family and friends that support you and also that the new year is right around the corner.

### Don't give in to holiday pressures

Giving in to all of the holiday events can be overwhelming. Make sure to evaluate your own limits and what you can handle. If an event or act of the holidays is going to make you feel worse, don't feel like you have to participate.

### Taking care of yourself

The holidays tend to be filled with lots of food, drinks and no time for exercise. However, it is important to continue health habits. It is ok to eat the delicious food, but in moderation and practice portion control. Try your best not to get out of routine with your exercise. Physical activity done as little as 10 minutes at a time can help to boost your mood and help you to feel better. Being active is important for your physical and mental health. It can help to be outside in nature. Going for a walk in Lynn Woods or go to a local park. The fresh air has great benefits to your health! Alcohol can be very tempting during this time of year, but it can also make symptoms of anxiety and depression worse.

### Volunteer

Getting yourself out of the house can help to avoid loneliness and isolation. By giving back and helping others, it can help you to feel better too. Some examples include finding a local food shelter, senior center, helping to wrap gifts or simply helping out a friend or family member.

### Talk to your health care provider

If you are feeling sad for a long time, contact your health care provider. Talking to someone about how you are feeling can provide you the help you need. If suicidal thoughts arise, please call 911 or call the National Suicide Prevention Lifeline at 1-800-273-8255.

Kelsey Magnuson- Program Coordinator, Wellness Pathways



## SENIOR CENTER ACTIVITIES • December 2018

| MONDAY                              | TUESDAY                                 | WEDNESDAY                        | THURSDAY  | FRIDAY                             |
|-------------------------------------|---|----------------------------------|---|------------------------------------|
| SILSBEE STREET                      | SILSBEE STREET                          | SILSBEE STREET                   | SILSBEE STREET                                  | SILSBEE STREET                     |
| 9:00 -12:0 WII                      | 9:00 -12:00 WII                         | 9:00 -12:00 WII                  | 9:00 -12:00 WII                                 | 9:00 -12:00 WII                    |
| 9:30-11:00 KNITTING & CONVERSATION  | 9:00 - 10:00 UKULELE CLUB               | 9:00 – 1:00 HAIR SALON           | 9:00-9:40 DANCE WITH JOY                        | 9:30-11:00 KNITTING & CONVERSATION |
| 10:00-11:00 TAI CHI (2nd & 4th MON) | 9:00-11:00 KIOSK FOR LIVING WELL (IN2L) | 9:30-10:30 BEGINNER'S TAP        | 9:00-12:00 WATERCOLOR & ACRYLIC PAINTING        | 11:00-12:00 LUNCH                  |
| 11:00-12:00 LUNCH                   | 9:15-10:45 POKENO                       | 11:00-12:00 LUNCH                | 8:00-11:00 KIOSK (IN2L)                         | 11:30-12:15 EXERCISE CLASS (\$5)   |
| 12:00-1:00 MOVE SAFE CLASS          | 10:00-11:30 OIL PAINTING                | 11:30-12:15 EXERCISE CLASS (\$5) | 10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly) | 1:00-2:45 BINGO                    |
| 12:00-1:00 SPORTS CLUB              | 11:00-12:00 LUNCH                       | 1:00 – 3:00 MOVIE                | 11:00-12:00 LUNCH                               |                                    |
| 1:00-2:45 BINGO                     | 12:00-2:45 POKENO                       | 1:00-3:00 'PENNY ANTE' POKER     | 12:30-2:30 JAPANESE BUNKA EMBROIDERY            |                                    |
|                                     | 1:30 BILLIARDS CLUB                     |                                  | 1:00-2:00 ZUMBA GOLD                            |                                    |
|                                     |   |                                  | 2:00-3:00 HORSE RACING                          |                                    |

### OLYMPIA SQUARE APARTMENTS

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- Modern laundry/community room
- Accepting applications



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GINGERBREAD CHRISTMAS HANUKKAH KWANZA

HOT COCOA SHOPPING LIGHTS PRESENTS

CAROLS DECORATIONS HOLIDAY CARDS

DANCE MOVIES JOYFUL SNOWFLAKE SPIRIT

# December 2018 Lunch Menu

Requested Donation is \$2.00 per meal

## Greater Lynn Senior Services COMMUNITY CAFE MENU –DECEMBER 2018

GLSS NUTRITION  
781-586-8687

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| <b>3</b><br>Swedish meatballs(415)<br>Mashed potatoes(109)<br>Calories- 718 Sodium-935<br>ALTERNATIVE<br>Veggie stuffed pepper(100)<br>Calories-725 Sodium-600          | <b>4</b><br>Macaroni and cheese(520)*<br>Soup/crackers(70)<br>Calories-820 Sodium-1100<br>ALTERNATIVE<br>Oven fried chicken (250)<br>Calories-725 Sodium-705                             | <b>5</b><br>Roast turkey/gravy(449)<br>Mashed potato(109)<br>Calories- 686 Sodium-923<br>ALTERNATIVE<br>Beef/onions(100)<br>Calories-615 Sodium-565               | <b>6</b><br>Pork hot dog/roll(886)*<br>Baked beans(40)<br>Calories-741Sodium-1326**<br>ALTERNATIVE<br>Veggie burger/roll(570)*<br>Calories-700 Sodium-1100             | <b>7</b><br>Chicken tenders/ honey<br>mustard(170),potato(200)<br>Calories-723 Sodium-803<br>ALTERNATIVE<br>Garlic fish(150),yucca(17)<br>Calories-841 Sodium-678       |
| <b>10</b><br>Beef stew(117)<br>Mashed potatoes(109)<br>Calories-761 Sodium-642<br>ALTERNATIVE<br>Bean/ cheese burrito(300)<br>Mixed veg.(43)<br>Calories-740 Sodium-812 | <b>11</b><br>Stuffed shells/sauce(505)*<br>Salad/dressing(262)<br>Calories-650 Sodium-797<br>ALTERNATIVE<br>Seasoned pork (106)<br>Lentils(40) Salad/dressing<br>Calories-700 Sodium-715 | <b>12</b><br>Chicken picatta/ rice(185)<br>Broccoli(32)<br>Calories-690 Sodium-506<br>ALTERNATIVE<br>Cheese pizza(340)<br>Broccoli(32)<br>Calories-705 Sodium-685 | <b>13</b><br><u>WINTER SPECIAL</u><br>Chicken/brown sugar glaze<br>Au gratin potatoes<br>Garlic green beans<br>Baked dessert<br>Dinner roll<br>Calories-700 Sodium-750 | <b>14</b><br>Shepherd's pie(201)<br>Mashed potato(109)<br>Calories-600 Sodium-542<br>ALTERNATIVE<br>Macaroni and cheese(520)*<br>Carrots(43)<br>Calories-698 Sodium-861 |
| <b>17</b><br>Eggplant parm/ sauce(512)*<br>Salad/dressing(62)<br>Calories-850 Sodium-977<br>ALTERNATIVE<br>Jerk chicken(275)<br>Calories- 750 Sodium-900                | <b>18</b><br>Beef/broccoli(337) Rice(116)<br>Mixed veg./ mushrooms (12)<br>Calories-820 Sodium-801<br>ALTERNATIVE<br>Chicken/ sauce(383)<br>Calories-800 Sodium-855                      | <b>19</b><br>Smothered pork/gravy(162)<br>Soup/crackers(239)<br>Calories- 617 Sodium-818<br>ALTERNATIVE<br>Beef/chinichurri sauce(140)<br>Calories-800 Sodium-796 | <b>20</b><br>Turkey divan/rotini(240)<br>Broccoli(32)<br>Calories-800 Sodium-650<br>ALTERNATIVE<br>Fish/tomatoes& onions-150<br>Calories-775 Sodium-600                | <b>21</b><br>Greek chicken(161)<br>Lemon rice(93)<br>Calories-777 Sodium-766<br>ALTERNATIVE<br>Pork/BBQ sauce(350)<br>Calories-800 Sodium-880                           |
| <b>24</b><br>Cranberry chicken(328)<br>Roasted sweet potato(104)<br>Calories-808 Sodium-939<br>ALTERNATIVE<br>Egg/cheese croissant(410)<br>Calories-698 Sodium-1116     | <b>25</b><br>HOLIDAY<br>NO MEAL SERVICE  | <b>26</b><br>Meatloaf/ mushroom<br>gravy(386),soup(159)<br>Calories-743 Sodium-913<br>ALTERNATIVE<br>Veggie chili/ brown rice(453)<br>Calories-670 Sodium-870     | <b>27</b><br>Lasagna/sauce(405)<br>Soup/crackers(185)<br>Calories-645 Sodium-890<br>ALTERNATIVE<br>Chicharron(pork)-(310)<br>Calories-700 Sodium-781                   | <b>28</b><br>Potato Pollock/sauce(355)<br>Red mashed potato(101)<br>Calories-814 Sodium-874<br>ALTERNATIVE<br>Garlic chicken(200)<br>Calories-650 Sodium-680            |
| <b>31</b><br>Sweet and sour meatballs(415)<br>Soup/crackers(94)<br>Calories-789 Sodium-950<br>ALTERNATIVE<br>Honey mustard chicken(230)<br>Calories- 800 Sodium-739     | <b>HAPPY<br/>HOLIDAYS!</b>   |   | ITEMS MARKED WITH *<br>INDICATE HIGHER<br>SODIUM ITEM(more than<br>500mg.per serving).<br>MEALS MARKED ** ARE<br>HIGH SODIUM(more than<br>1200MG per meal).            | NUMBERS IN ( ) ARE<br>SODIUM FOR THE ITEM.<br>CALORIES AND SODIUM<br>ARE LISTED FOR THE<br>ENTIRE MEAL,INCLUDING<br>MILK,BREAD,MARGARINE<br>AND DESSERT.                |

## Hair Salon

### **SOPHIE'S SALON**

**WEDNESDAYS**

**9:00 AM—1:00 PM**

|                 |      |
|-----------------|------|
| WASH & CUT      | \$10 |
| WASH & BLOWDRY  | \$10 |
| WASH, CUT & SET | \$20 |
| COLOR           | \$25 |
| PERM            | \$45 |
| WAX             | \$5  |

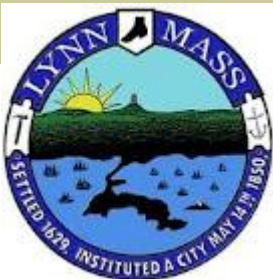
WALK-IN OR APPOINTMENTS

APPOINTMENTS PREFERRED

### **KIOSK FOR LIVING WELL**

TUESDAYS 9:00-11:00  
THURSDAYS 8:00-11:00

Capture the Pride!



Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### PODIATRIST



**Thu Dec 13**

**Thu Jan 10, Tue Jan 15, & Thu Jan 31**

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

### BLOOD PRESSURE CHECKS

**Tue & Thu**

8:00 am - 9:00 am



### LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET  
LYNN, MASSACHUSETTS 01901  
(781) 599-0110

RETURN SERVICE REQUESTED

NON-PROFIT  
U.S. POSTAGE

**PAID**

LYNN, MA  
PERMIT NO. 56